



Humphreys County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Humphreys County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Humphreys County School System that includes:

- School Health Advisory Committee: Humphreys County Health Council
- Seven Healthy School Teams
- School Health Policies strengthened or approved include Unsafe School Choice Policy, Emergency Allergy Response Plan, District Emergency Response Plan, Physical Activity Policy, and the Discrimination/Harrassment/Bullying/Intimidation Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$214,607.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Humphreys County Health Council
- Humphreys County UT Extension Agency
- Humphreys County Health Department
- Humphreys County Drug Alliance
- Humphreys County Sheriff's Office
- City of McEwen
- Valley Fitness
- Zumba Fitness® Annette White, Instructor
- TN Department of Health
- Centerstone Mental Health Agency
- Three Rivers Community Hospital

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include walk-a-thons, Healthy School Teams, Health Council, School Health Advisory Council, and ATOD prevention initiatives. Currently, approximately 15-20 parents are collaborating with CSH excluding those involved in healthy fundraisers. The number of parent participants unknown.

Students have been engaged in CSH activities such as Healthy School Teams, No Bullying Club, ATOD prevention clubs, and health screenings (volunteers). Approximately 21 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Humphreys County School System , the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2010-2011: 1289 students screened, 832 referrals made;

Students have been seen by a school nurse and returned to class – data unavailable at this time;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary data indicates that 32% of Humphreys County Students screened in 2010-2011 were in the overweight or obese. This appears to have decreased significantly from 40% in the three previous years. Additional data analysis is required to support this trend;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii Fit packages, Dance Dance Revolution packages, health education curricula/materials, SmartBoards and projectors for health/wellness/guidance classrooms, and laptop computers for physical education staff (data collection purposes);

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Take 10!, mental health 101, suicide prevention training, bloodborne pathogens, safety training, First Aid/CPR/AED, and dispensing medications;

School faculty and staff have received support for their own well-being through Journey to a Healthier Heart (heart attack and stroke prevention) and Scale Down (weight loss) programs, as well as, monthly staff CSH newsletters and CSH website resources.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – curricula purchased for elementary and middle school guidance classes; SmartBoards/projectors for health/wellness/guidance classrooms;
- Physical Education/Physical Activity Interventions – Take 10! curricula and training, fitness equipment purchased, compliance with 90-minute Physical Activity Law in 6 of 7 schools, and walk-a-thon fundraisers at 3 schools;
- Nutrition Interventions – increasing availability of healthy school lunch choices, removing sodas and foods of minimal nutritional value from elementary and

middle schools, promoting use of healthy classroom rewards, promoting availability of healthy options at class parties;

- Mental Health/Behavioral Health Interventions – school-based mental health services for middle and high school students (MOU with Centerstone), staff training mental health 101 for teachers/administrators, bus drivers and cafeteria staff, and suicide prevention training (provided by The Jason Foundation)

In such a short time, CSH in the Humphreys County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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